

Winter 2004

Montlake

COMMUNITY CENTER

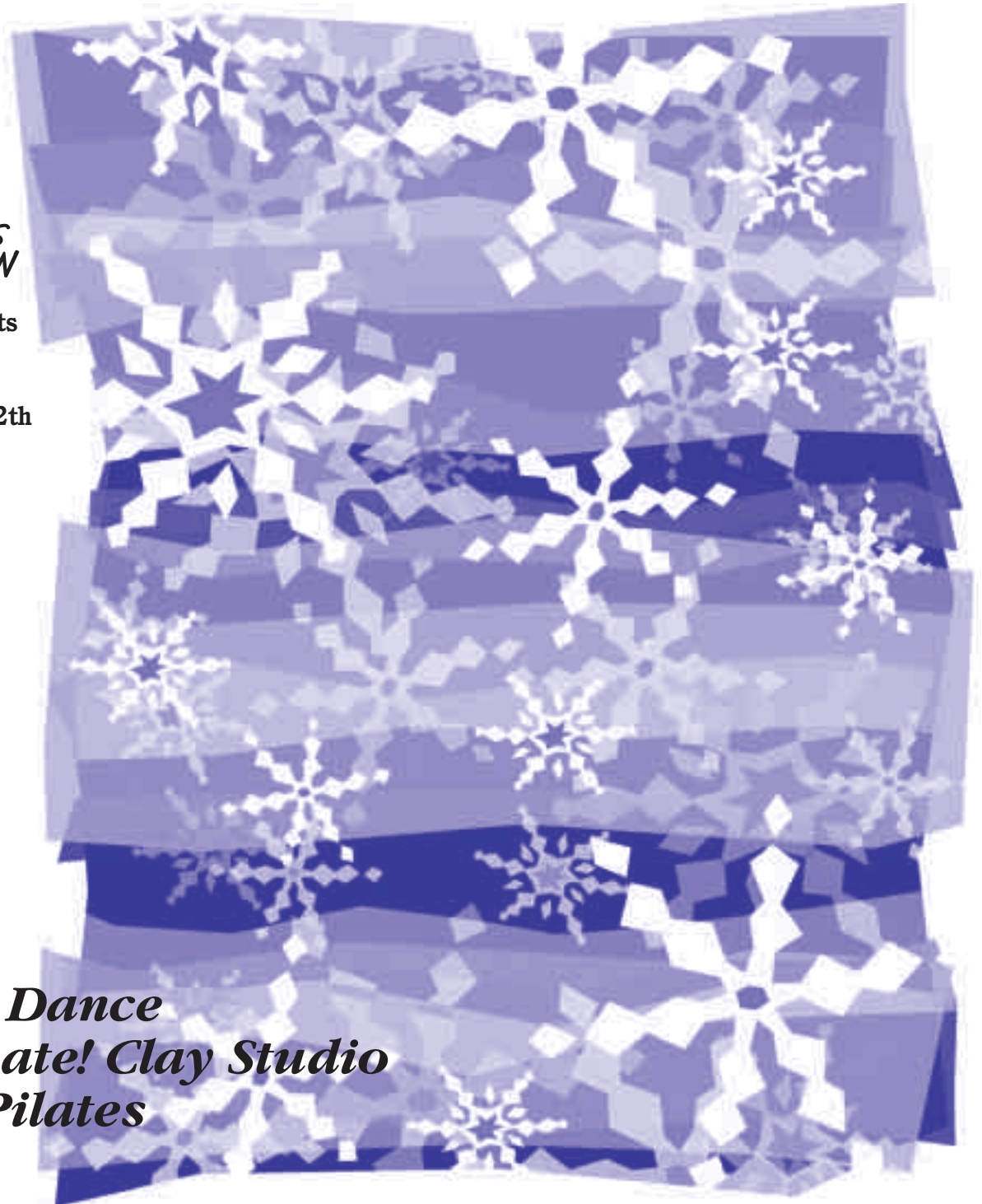


**SEATTLE PARKS
AND RECREATION**

Registration Starts
January 5th

Classes Begin
Week of January 12th

***Inside:
Creative Dance
Kids Create! Clay Studio
Yoga & Pilates***



Montlake Community Center

1618 E. Calhoun Street
Seattle, WA 98112
Phone: (206) 684-4736 Fax: (206) 233-7140
visit us at <http://seattle.gov/parks/>

Hours of Operation

Monday, Wednesday, Friday 11 a.m.–9 p.m.*

Tuesday and Thursday 1 –9 p.m.*

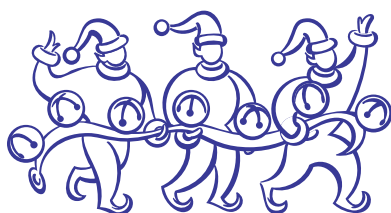
Saturday: 9 a.m.–5 p.m.

Sunday: Closed

Holiday closures

January 21, Dr. Martin Luther King, Jr.'s birthday

February 18, Presidents' Day



Program registration

Mail-in registration begins December 13

Walk-in registration begins January 5

Program dates

January 1 to March 28

You can make a difference!

The Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held (on the first Monday evening of every month) to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

Most classes, workshops, sports, special events, and facility rentals are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Professional staff

Christopher Williams, *Operations Director*
Royal Alley-Barnes, *Central East Parks and Recreation Manager*
Belinda Gigliotti, *Central East Senior Recreation Coordinator*
Charles Humphrie, *Center Coordinator*
Christa Dumpys, *Assistant Center Coordinator*
Valerie Gilbert, *Administrative Support Assistant*
Lakema Bell, *Teen Development Leader*
Matthew Taylor, *Building Maintenance*
Klaus Goodrum, *Sports Director*

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities.

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call (206) 615-0140 or TDD (206) 684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Rentals

For information about room rentals, please view our facility rental brochure. (<http://www.cityofseattle.net/parks/reservations/facrentalguide.htm>)

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to our Advisory Council. **Please note:** Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of \$1 per class, \$1.50 per workshop, and \$1.30 per participant in each athletic game, paid to Seattle Parks and Recreation to defray operating costs. People 60 and older are not charged these user fees unless there is a stated senior fee for a particular class. Class and program fees include Washington State sales tax where applicable.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental,

and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.

- Please read the entire policy, #7.16, for specific information.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

***2003 Budget: What it Means For Your Community Center**

The City of Seattle anticipates bringing in \$63 million less in revenues in 2003 than in 2002. This has resulted in almost \$5 million of budget cuts in Seattle Parks and Recreation. One reduction in the 2003 budget the City Council adopted on November 18 will mean your community center will be open fewer hours per week.

Beginning January 2, 2003, basic operating hours for the center will be 1 p.m. to 9 p.m. Each center will also be open an additional six hours (to be determined) on weekday mornings, and will continue to be open 10 a.m. to 5 p.m. on Saturdays in the fall, winter and spring. The center is available beyond these hours on a prearranged fee basis.

Youth Activities

Tot Time

Come out of the house on those rainy days and check us out. We have riding toys, slides, tunnels, balls, and much more!

Instructor: none

Age: 0 to 5

Mon, Wed, Fri 11 a.m.-12: 45 p.m.

Jan 5-Mar 26

Fees: \$1.00 \$2/family

10 visit punch card for \$12

Location: Gym



Creative Movement

Kids learn basic body movement, ballet positions, follow the leader exercises, hopping, skipping, and simple games in this new class. Come and try out this new class taught by Mary Diederichs who has 25 years of experience teaching dance, and has been dancing for 31 years!

Instructor: Mary E. Diederichs

Age: 4 to 6 year olds

Wednesdays

4:30 p.m.-5:30 p.m.

Jan 21-Mar 24

Fees: \$80.00 **Location:** Tudor

Kids Create!! Clay Studio

Bring your creativity to THIS class! Children ages 6 to 10 will fashion their very own clay creations. Learn to make a scary (or nice) colorful clay

monster. Learn the secrets of the pottery of the American Southwest and complete a GIANT pot of your own design. We will make birdhouses and if time permits be introduced to the wheel! Instructor Jane Steele-Meagher is an artist-in-residence with the Washington State Arts Commission. This class is held in Montlake's historic studio, and all glazes and clays are non-toxic. Dress for a Mess!

Students should wear old clothes that they can get dirty.

Minimum of 8 students, Maximum of 12

No Class on 2/16/04

Instructor: Jane Steele-Meagher

Age: Ages 6 to 10

Mondays 4: 15 p.m.-5:30 p.m. Feb 2-Mar 29

Fees: \$95.00

Location: Montlake Pottery Studio

Special Events / Overnights

Martin Luther King Jr. Celebration

Join Teen C.R.E.W. in celebrating the life of Martin Luther King Jr. in a march for peace, a play, and dinner. Sign up early, van space is limited!

Age: 12+

Thursdays 4 p.m.-8:30 p.m.

Jan 15

Fees: \$0.00

Basketball League Celebration!

Join the celebration for all the hard work and fun throughout the 2004 Montlake Basketball Season. Montlake Community Center welcomes all players, parents, coaches and staff to join us on March 26th, 2004 for an end of the season extravaganza!

Mar 26

Special Events / Overnights

Parent's Night Out and About

Need a little time to shop or maybe just want to have a romantic dinner for two without picking up peas off the floor? Bring your child or children to Montlake for a night of fun on March 19th! Activities include movie, sports, and games. Drop off time 6:30p.m./Pick up time 9:30p.m. Cost: \$10.00 first child, \$5.00 for each additional child.

Fridays 6:30 p.m.-9:30 p.m. Mar 19
Fees: \$10.00 \$5 for each additional child

Spring Egg Hunt

Come to Montlake and celebrate the arrival of Spring with an egg hunt and coloring contest.

Instructor: None

10 a.m. Apr 10

Location: Montlake Gym & Grounds



Out of School Care/ Camps

McGilvra After School Care

M.A.S.C. is a safe and comfortable environment with a family atmosphere for children from Kindergarten through fifth grade. At M.A.S.C. the staff strives to provide the children with opportunities for choice and self-direction. M.A.S.C. offers age appropriate activities which promote intellectual stimulation, curiosity, and an appreciation for the arts, sciences, theatre, and sports. The M.A.S.C. staff also aids with homework assistance and tutoring. At M.A.S.C. we look forward to our monthly potlucks, theatre and karaoke performances (performed by our very own M.A.S.C. kids), book reading, auctions, and much, much, more! Join us for a lot of fun after school!

Monthly Fees:

Before School Care 7:30 am -8: 45 am

5 days/wk:	\$175
4 days/wk:	\$172
3 days/wk:	\$129
2 days/wk:	\$86
1 day/wk:	\$43

After School Care 3:00 pm - 6:00 pm

5 days/wk:	\$230
4 days/wk:	\$220
3 days/wk:	\$165
2 days/wk:	\$110
1 day/wk:	\$55

Drop-in child care participants will no longer be accepted. Families must register for one of the above options.

All City funded scholarships will be applied for and allocated through Youth Programs Office.

One Day Camps: January 26th and March 19th
7:30am-6:00pm \$25/day

No care on January 19th and February 16th

Mid-Winter Break Camp: February 17th to 20th
\$100/wk.

Instructor: Cindy Helmbreck, MASC Director

Age: Ages 5 to 12

Jan 5-Mar 31

Location: McGilvra Elementary School

New Summer Day Camp Rates

This summer, there will be a single day camp fee in place at all Parks Department facilities. The new city-wide rate will be \$135 per week and includes care from 7:30 am - 6:00 pm. This fee will only apply to our regular 6-12 year old Montlake Day Camp program.

Life Long Learning & Career Development

Basketball Concession Stand!

Basketball concession stand is back! Support the teen program in learning life skills and job readiness by purchasing yummy snacks for your stomach from our teen ran concession stand.

Age: 12+

Saturdays 9 a.m.-4 p.m. Jan 10-Mar 13

Fees: \$0.00

Location: Gym

Event Production and Festival Planning

Every year Montlake Teen C.R.E.W. sponsors an annual Teen Festival, join us in the planning! It's great fun! 3rd Wednesdays from 5-6:30p.m.

Age: 12+

Wednesdays 5 p.m.-6:30 p.m. Jan 21-Mar 17

Fees: \$0.00

Location: Modular

Teen Council

Don't like what's on the Teen C.R.E.W. Calendar? Then change it! You have the opportunity to plan the monthly calendar, field trips, and fundraisers. Free home cooked meals included! Make your voice heard! Earn service learning credit for school requirements! Meets 2nd and 4th Fridays from 5-6pm

Age: 12+

Jan 9-Mar 26

Location: Modular

Out of School Care/ Camps

Mid-Winter Break

Tuesday 2/17/04 **Movie Marathon**

Wednesday 2/18/04 **Family Fun Center** \$12.00

Thursday 2/19/04 **Snowboarding/**

Skiing at Stevens Pass!

Limited space available so sign up early. Cost: \$70.00

Friday 2/20/04 **Lock In!**
\$10.00.

Instructor: Lakema Bell

Age: 12+

Feb 17-Feb 20

Location: Modular

(See monthly calendar for more details.)



Bowling

Every Monday we are rolling and bowling at Imperial Lanes. We will learn technique, gain skill and have a good time. Cost: \$2.00

Instructor: Lakema Bell

Age: 12+

Mondays 4:30 p.m.-6:30 p.m. Jan 5-Mar 22

Fees: \$2.00

Teens in Service

Every 3rd Friday of the month we will be giving back to the community! We will feed the homeless, have food drives, clothing drives and much more. Service learning credit available!

Age: 12+

Fridays 5 p.m.-9 p.m. Jan 16-Mar 19

Fees: \$0.00

Location: Modular

For more information on teen activities please contact Lakema Bell, Teen Development Leader, at 684-4736. All activities are for youth 12-18 years old. Pick up a monthly calendar at the center, or call Lakema to get on the mailing list.

Please note: In order to go on field trips your parent or guardian needs to fill out "Participant Information and Authorization Form." This form only needs to be completed once and it will be kept on file for all trips.

Martial Arts

Youth Karate

Isshin-ryu Okinawan Karate classes are for boys and girls. Kata, sparring, breaklocks, and throws will be taught with an emphasis on self-defense. If you do not have a uniform, bring \$20 to the first class.

Instructor: Doug & Irene Smart, Alex Gallichotte, and Jonathon Slutsky

Age: 10+ **Wednesdays** 6:30 p.m.-8 p.m.
Jan 14-Mar 24, 2003

Fees: \$55.00

Location: Montlake Tudor Building

Aerobics/Fitness

Fit Teens

Want to have a stomach like J-Lo or maybe Vin Diesel? Join us every Tuesday from 4-5p.m. as we have fitness workshops and workouts.

Age: 12+

Tuesdays 4 p.m.-5 p.m. **Jan 6-Mar 23**

Fees: \$0.00

Location: Modular

Adult Classes/Martial Arts

Karate with Jim Knoblet

Isshin-Ryu Okinawan Karate is available to both women and men and will incorporate beginning, intermediate, and advanced skill levels in each class. Instructor Jim Knoblet will teach Kata, sparring, breaklocks and throws with an emphasis on self defense.

Instructor: Jim Knoblet

Age: 18+

Tuesdays 6:30 p.m.-8:30 p.m. **Jan 6-Mar 23**

Fees: \$100.00

Location: Montlake Tudor Building

Late Night

Funtastic Fridays

It speaks for itself!! Free unless otherwise stated on monthly calendar. \$ means bring spending money. Trips and/or classes are subject to change or cancellation.

Instructor: Lakema Bell

Age: 12+ **Fridays** 6 p.m.-9 p.m.

Jan 9-Mar 26

Fees: see monthly calendar

Location: Modular

Performing Arts & Dance

Speak Your Truth

Like to read, listen to, or speak poetry? We will have poetry shows, guest artists and free food! 1st and 4th

Wednesdays 5-6:30p.m.

Age: 12+

Wednesdays

5 p.m.-6:30 p.m. **Jan 7-Mar 24**

Fees: \$0.00



Seniors

Watercolor Class

You won't want to miss this GREAT creative class! Some supplies required.

Register through Senior Programs by calling 206-233-7255

Instructor: Jan Morris

Jan 7-Mar 17

Location: Tudor

Adult Classes

Pilates Mat

Pilates is a unique discipline of stretching and strengthening exercises developed over 90 years ago by Joseph H. Pilates. Pilates works the core of the body, stomach, hips, and low back. Strength, flexibility, endurance and posture are all benefits of this type of exercise. Pilates is a mind and body conditioning. Participants need to bring a thick mat and 1-3 lbs weights. Come and try out this new class taught by local instructor Natasha Haytema.

Instructor: Natasha Haytema

Age: 18+

Tue, Thu 11: 45 a.m.-12:30 p.m. Jan 6-Mar 25

Fees: \$120.00 \$72 for 12 visit punch card, \$7 drop in

Location: Tudor

Yoga Level 1

This class is for beginners and continuing students and will focus on core strengthening, flexibility, and relaxation techniques using the breath and a gentle vinyasa flow practice. Mats, straps, and blocks provided.

Instructor: Daniele Spirandelli



Age: 16+

Mon, Thu 6: 15 p.m.-7:30 p.m. Jan 12-Mar 22

Fees: \$115.00 10 visit punch card \$70, drop in fee \$8

Location: Tudor

Fitness Classes

Get in shape safely and seriously. These classes incorporate several forms of exercise including aerobics, isometrics, calisthenics, and yoga all to the sassy rhythms of a variety of musical selections. Full payment is due prior to attending classes. Scholarships are available to those who qualify.

12 week session

Drop in: \$8.00

Regular

2x's/wk: \$108

3x's/wk: \$117

4x's/wk: \$144

5x's/wk: \$150

Seniors

2x's/wk: \$84

3x's/wk: \$90

4x's/wk: \$96

5x's/wk: \$105

12 Week Session

3 class times daily. 7 – 8 a.m., 8: 15 – 9: 15am, 9:30 – 10:30 a.m.

Instructor: Linda Cohen

Age: 16 + Jan 5-Mar 26 Montlake Gym

Arts: Visual/Crafts

Beginning Pottery

Create bowls, cups, vases, cookie jars, incense holders, gargoyles, sushi trays, teapots, and more! We have white, red and gray clay, 18 different colorful glazes and 8 electric potter's wheels.

Beginning classes will focus on centering, creating cylinders and making cups, bowls and vases. We'll emphasize centering and throwing cylinders.

Wear grubby clothes, bring music and snacks!

Instructor and local commercial ceramicist

Randolph Sill will be delighted to help you achieve your own, self-selected ceramic goals! Course fee includes 25 pounds of clay and ample "open studio"

time to practice what you've learned.

Instructor: Randy Sill Age: 16+

Tuesdays 6 p.m.-8:30 p.m. Jan 13-Mar 16

Fees: \$120.00 Montlake Pottery Studio

Intermediate Pottery

(see beginning pottery class description)

Intermediate class will focus on making lidded vessels, adding new textures and altering our wheel thrown forms!

Instructor: Randy Sill Age: 16 +

Thursdays 6 p.m.-8:30 p.m. Jan 15-Mar 18

Fees: \$120.00 Montlake Pottery Studio